

# LYNN COUNCIL ON AGING SENIOR CENTER



July  
2015

Lynn Council on  
Aging

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

It's always good having great weather for a Sox game! So they blew the lead the first game and never got in the second game .... As for the third game, I listened to it go by the wayside from the car radio. I don't think I could bear another Toronto fan cheering! What I'd like to share with you is I've never had such a great time losing. I grabbed Mom and off to Boston we went. We didn't even circle around the park once before a kind gentleman offered us a free parking. Score! It was like parking in Fenway's driveway. Who lucks out like that? Then we went into the park and Mom scores a free Sox tote bag. We met a family from Utah. Their son played in a tournament in Cooperstown and they treated the whole gang to a game at Fenway. We hit it off so well, we were so close to house swapping. ...until I gave them the pick-up/ drop-off schedules for the high school car pool and how often the dog likes to go out. Can you imagine they thought I would take my daughter and my dog on a road trip with me? I was looking for some rest. I would have stocked the fridge for them and everything... they backed out! Just a day in the summer breeze bumping into nice people – and of course sharing all the great laughs with Mom! PS. It's still statistically probable for the Red Sox to clinch the wild card!! Cross your fingers!

~Stacey Minchello

## From Your Mayor

I hope you are all enjoying a wonderful start to the summer. One event that is always a highlight of the year is the fireworks display along the waterfront, which will take place on Friday, July 3. Lois Lane and the Daily Planets will perform at 7 p.m. in Red Rock Park and the fireworks show will start at approximately 9 p.m. I hope many of you will be able to make it down to the beach for this festive event.

Throughout the summer, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. Performers this month include Lexington Street Band on July 9, Brian Maes Band on July 16, Shuffle Mode on July 23 and Mary Beth Maes Band on July 30.

The Happy Together Tour featuring Flo and Eddie of The Turtles, The Association, Mark Lindsay, The Grass Roots, The Buckingham and The Cowsills, will perform come to the Lynn Auditorium on July 31. We are also excited to welcome Paul Anka in August and host a live taping of the Price is Right in November.

On July 25 and 26, Arts After Hours presents afternoon performances of Romeo and Juliet at the Pine Grove Commentary, in front of the beautiful Rhoades Chapel. The event is free to the public.

The summer is also a perfect time of year to take in a Navigators baseball game or to visit the Lynn Museum for a special exhibit: "America's Favorite Pastime: A Lynn Perspective." From Bud Fowler, the first African American to play organized baseball to Harry the "Golden Greek" Agganis, this exhibit celebrates the individuals and leagues that impacted the way the game was played in our city and beyond.

Best wishes for a safe and enjoyable summer.  
Mayor Judith Flanagan Kennedy



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**Lynn Council on Aging Senior Center**

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello  
 Director 781-599-0110 ext. 503  
 Rosa Paulino-Diaz  
 Assistant ext. 625  
 Pam Brito  
 Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday  
 8 a.m. to 4 p.m.

**LCOA Board of Directors**

Albert DiVirgilio  
 Arthur Akers  
 Edmund Brown  
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 Minette Lall

President  
 Clerk

Meets 4th Wednesday monthly at 11:30 a.m.

**FRIENDS of LCOA Executive Board**

Joan B. Noble  
 Deb Small  
 Cindy LeBlanc  
 Roberta Abrams

President  
 Vice-President  
 Treasurer  
 Recording Secretary  
 Membership Secretary

Meets last Thursday of the month quarterly

**Welcome Pam Brito!**

Pam has accepted the position as our Program Coordinator. She comes with many years of experience in different elder care settings. Pam has been married for 25 years and lives in Malden with her husband, two sons, 19 years and 21 years old as well as their rescue dog, a Beagle mix! Pam is close to receiving her Associates Degree in Human Services from North Shore Community College. Pam is excited to be joining our team and states she is looking forward to serving your needs. She believes it is crucially important that you remain healthy and independent and will work hard at keeping you engaged. Join us in wishing Pam the very best! Pam may be reached at 781-586-8618 or pbrito@glss.net



# JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE	Requested Donation \$2.00	<sup>1</sup> 4 <sup>th</sup> of July BBQ Hamburger/roll Hot dog/roll Ketchup/mustard Potato salad / Watermelon	<sup>2</sup> <b>SPECIAL</b> BBQ chicken Cheddar mashed potatoes Buttered corn Wheat roll Brownie	<sup>3</sup> HOLIDAY  NO MEAL SERVICE
<sup>6</sup> Chicken and broccoli Alfredo Pasta Capri blend veg. Italian bread Gata cookie ALTERNATIVE Arroz con camarones	<sup>7</sup> Salmon/dill sauce Mashed sweet potatoes Salad/dressing WW bread Banana ALTERNATIVE Stewed beef,salad, Chipotle sweet potato	<sup>8</sup> American chop suey Green peas WW roll Chocolate pudding ALTERNATIVE Egg salad/roll/lettuce/tomato, Four bean salad	<sup>9</sup> Turkey chili White rice Salad/dressing WW bread Chilled peaches ALTERNATIVE Arroz con carnita (beef), Salad/dressing	<sup>10</sup> Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Braised chicken/ Rice and beans
<sup>13</sup> Boneless pork chops/gravy Garlic mashed potatoes Collard greens Muffin Fruit cocktail ALTERNATIVE Veggie burger,potato wedges	<sup>14</sup> Chicken teriyaki Brown rice Stir fry vegetables WW roll Tapioca pudding ALTERNATIVE WW macaroni &	<sup>15</sup> Baked white fish Red potatoes Green peas Italian bread Chilled pineapple ALTERNATIVE Turkey/creole sauce,potatoes	<sup>16</sup> Meatloaf/brown gravy Mashed sweet potato Salad/dressing WW bread Cookie ALTERNATIVE Chicharon frito(pork)	<sup>17</sup> Turkey Milanese Veg. rice pilaf Carrots Rye bread Chilled pears ALTERNATIVE Cheese lasagna/sauce
<sup>20</sup> Creole baked fish Rice and beans Spinach WW bread Pudding ALTERNATIVE Egg & cheese sandwich/potato	<sup>21</sup> Roast pork loin Baked beans Salad/dressing Banana ALTERNATIVE Baked tomato chili chicken	<sup>22</sup> Rosemary chicken Candied yams WW bread Cookie ALTERNATIVE Curried beef, sweet potato	<sup>23</sup> WW baked pasta/mozzarella Salad/dressing WW roll Chilled pineapple ALTERNATIVE Fish sticks/tartar sauce	<sup>24</sup> Salisbury steak/gravy Cheddar mashed potato Beets Snack loaf Applesauce ALTERNATIVE Caribbean chicken
<sup>27</sup> Roast turkey Florentine Crispy potatoes California blend Vegetables WW bread Vanilla pudding ALTERNATIVE Eggplant parm/tomato	<sup>28</sup> Tilapia/tomatillo salsa Cilantro lime rice Salad/dressing Scali bread Banana ALTERNATIVE Chicken salad sandwich	<sup>29</sup> Roast pork/gravy Mashed sweet potatoes Capri blend vegetables Rye bread Cake ALTERNATIVE Turkey/creole sauce	<sup>30</sup> Chicken cacciatore Pasta Salad/dressing WW roll Chilledpeaches ALTERNATIVE Arroz con carnitas(beef)	<sup>31</sup> Chicken creole Yellow rice Green beans WW bread Fruit cocktail ALTERNATIVE Rigatoni/marinara sauce

# SENIOR CENTER ACTIVITIES • JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORTS CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

## OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
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- Modern laundry/community room
- Accepting applications

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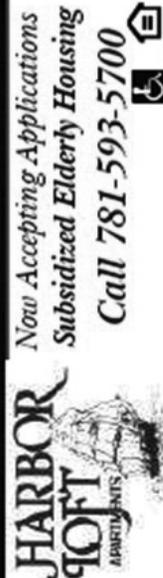
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**CASINO TRIPS**

Departs from Lynn Senior Center

Casino Trips from Revere

**Foxwoods \$28**

7 am - 6:30 pm

Tuesdays: Aug. 18, Oct. 13 &  
 Nov. 10

**Mohegan Sun \$28**

7 am - 6:30 pm

Tuesdays: July 21

**Sign up early!!**

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:*

*\$10 food coupon for retail food vendors or free buffet*

*Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.*

*Remember to bring your rewards card!*



**Mohegan Sun \$27 plus tip**

10 am depart Revere 6:30pm depart casino

July 7 & 21; Aug. 4 & 18;

Sept. 1, 15 & 29;

Oct. 13 & 27;

Nov. 10 & 24;

Dec. 8 & 22

**Twin River \$27 plus tip**

10 am depart Revere  
 6:30pm depart casino

July 2, 16 & 30;

Aug. 13 & 27;

Sept. 10 & 24; Oct. 8 & 22;

Nov. 5 & 19;

Dec. 3, 17 & 31



**Now Express!! Straight run - no stops!**

**Call Elaine at 781-289-6144 for reservation, questions, and pick up location/parking.**

**MOVIES...every Wednesday @ 1:00 p.m.**

**Free Popcorn and Soda  
 Wide Screen Plasma Home Theatre System**

July 1st	No Movie today			
July 8th	Yankee Doodle Dandy	NR	1942	126 mins
July 15 <sup>th</sup>	The Queen	PG-13	2006	103 mins
July 22nd	Titantic	PG-13	1997	194 mins
July 29 <sup>th</sup>	The Visitor	Pg-13	2007	103 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

The Lynn Senior Center welcomes our new computer class instructor, Livan Adames. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to: **LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration.

**Questions?? Call Mayra 781-586-8546**

- Slow paced learning geared to seniors
- Learn at your own pace
- Individualized attention to your level



### COMPUTER CLASS DESCRIPTIONS:

**Introduction to Computers & Windows 7, Class #1** **10:00 a.m. – 11:00 a.m.**  
 This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

**Introduction to Computers & Windows 7, Class #2** **11:15 a.m. – 12:15 p.m.**  
 This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth including internet access.

**Next class: July 29<sup>th</sup>, Aug 5<sup>th</sup>, Aug 12<sup>th</sup>, Aug 19<sup>th</sup>, Aug 26<sup>th</sup>**

## Check it out!!

### Orange Leaf Frozen Yogurt

**124 Broadway, Saugus  
 (Jimmy's Steakhouse Plaza)  
 Senior Citizen Discount  
 25% off! July & August**



## The Kiosk for Living Well

If you're one of the many people who enjoy getting more exercise this time of year, perhaps you'd like to track your blood pressure each month to see the effects your exercise program is having on your numbers!

**Brenda the Million Hearts nurse will be at the Kiosk Monday July 13<sup>th</sup> from 9:30 -11:30 am. She's loaded with information around healthy living. Interested in preventing falls? Sylvia, our MoveSafe Counselor will be at the Kiosk on Monday July 20<sup>th</sup> from 9:00am to Noon.**

**Come to the Kiosk!**

**It's open every Tuesday and Thursday from 10:00 – Noon.  
 Supervised Kiosk exercise classes also take place every  
 Tuesday and Wednesday from 12:30 to 1:30.**



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# Place Your Ad

## Wellness Watch July 2015

The mind is a very powerful tool for our body. It not only controls all of our internal organs and basic bodily functions, it also controls all of our movements. The mind can have an important influence over the body. It can even help relieve symptoms and help us to relax and relieve stress. There are a couple of different methods for using your brain to overcome how your body is feeling. Relaxation helps to reduce or eliminate tension from the body and the mind. Distraction allows the mind to focus on something else rather than on the pain or symptoms occurring in the body. These tools take time and practice. Every person is different and may like one technique over the other, but each one deserves a chance to see how it can help your brain help your body.

### **Relaxation**

Relaxation can help improve sleep quality, decrease pain, stress and shortness of breath. The goal of relaxation is to turn off the outside world so that the mind and body are at rest. This allows you to reduce the tensions that can increase the intensity or severity of symptoms. The first priority to relaxation is picking a quiet place and time with no distractions. If this is a new technique to you, start with setting aside 5 minutes. The more you practice the more time you can add, building up to 15-20 minutes. Try to practice this technique 2 times a day for at least 4 days a week, again if this seems too much try building up to that goal. As previously mentioned, this technique takes practice and results may not occur immediately. It could take up to 3-4 weeks to notice benefits. Relaxation should always be helpful. If it is an unpleasant experience or makes you more nervous then you should choose another technique.

A body scan, which is considered to be a relaxation technique, can help relax muscles by recognizing where you are tense. First you must understand the difference between tense muscles and relaxed muscles. By sitting quietly and in a comfortable position, breathing in and out, going through each part of your body from your face to your toes, you can begin to understand how each body part is feeling. This process takes 15-20 minutes to fully go through the entire body.

### **Distraction**

Your mind is like a radio in that it can only focus on one station clearly at one time. The distraction technique helps to train the brain to focus our attention on something other than our bodies and their sensations. Distraction works best for short activities or times in which symptoms may be anticipated. Some examples of distraction are planning an activity in great detail; thinking of a person's name, bird, or flower for each letter of the alphabet; counting backward from 100 by 3's; think of the words to your favorite song. All of the examples given are using your mind as a distraction technique.

There are numerous activities that can be used as a distraction technique or a relaxation technique such as going for a walk, reading a book, listening to music, taking a hot shower or bath, calling/visiting a friend to talk. The techniques that were described in this article all use your mind which if you allow it, can be a very- powerful tool. I encourage you to give each of these a try and be patient with the results.

**For more information on relaxation and distraction contact  
Kelsey Spotts (781-586-8530)**

***The above information is a part of the My Life My Health workshop offered through  
The Healthy Living Program at Greater Lynn Senior Services***

# Fourth of July

L B C E L G A E D L A B N T H L O D S  
 A E S E F E W P A T R I O T I C E N T  
 V N H O L D E S N E A Y G B I C O H R  
 I F S F O E R T K T E A E N O O O E E  
 N R T E A Y B A I D L R C R L M E Y C  
 R A R S T R C R O F T I A L A M C T N  
 A N E U S O B S A Y P T A S F A N O O  
 C K A O M T H A O T I B J T R H E D C  
 E L M H A S O N I O I E R C E B D O B  
 B I E E D I T D N H F O O P E A N O E  
 A N R T A H D S S F P M N A D S E H T  
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 B Y E H H E G R R D V E E A M B E O Y  
 E A I W O I S I Y T R A P D T A D I R  
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 S O O R E D W H I T E B L U E E L H V  
 E H C M E H T N A L A N O I T A N S P

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## Greater Lynn Health Fair

***Sponsored by Element Care***

**July 30<sup>th</sup> 9 am – 12 pm**

**KIPP Academy**

**90 High Rock Street, Lynn**

**~Farmer's Market Coupons~**

**Recipients must be 60 years of age, live in Lynn, Lynnfield, Nahant, Saugus, or Swampscott  
Must be low income by proof of benefit eligible demonstrated by food stamps, SSDI, Medicaid,  
Fuel Assistance, Housing assistance and or Mass Health.**

**Proof of Eligibility will be checked.**

**Limited supplies of coupons- while supplies last.**

## Notice to Medicare Subscribers

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. ***You must pay close attention to the time limits for appeals!***

Some appealable situations are:

Medicare denies your request for a health care service, supply, or prescription

Medicare denies payment for health care you have already received

Medicare stops covering services that you are receiving

Medicare pays a different amount than you believe it should

Medicare drug plan denies coverage of your medication

The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number; a volunteer counselor will return your call as soon as possible.

## *Massachusetts Veterans to Washington D.C.*

**Sunday, September 27<sup>th</sup> – Wednesday, September 30<sup>th</sup>**

***Last call for WWII Veterans before we open to Korean War Veterans!***

***Call for your packet! Veterans travel free! Companions \$500***

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and a few War Memorials. WWII Veterans take priority on the passenger roster. If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.

***Travel Meeting for all passengers: August 25<sup>th</sup> 1pm Senior Center***

**IN LOVING MEMORY**

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~ Sophie Karampoulis

In loving memory of Paul R. Pelletier, sending a Veteran to Washington DC

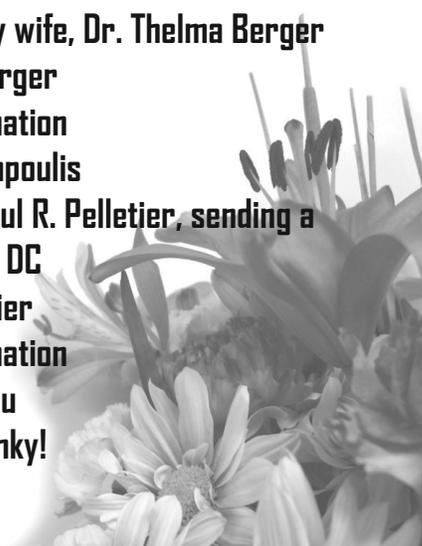
~Melvina Pelletier

Thank you for your donation

~Marie Babineau

Happy 90th Birthday, Inky!

~Love, Kiki



**DEDUCTIBLE DONATION**

GE matches all donations made from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

Person's Name: \_\_\_\_\_

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

# WELLNESS OFFERINGS

## BLOOD SUGAR & BLOOD PRESSURE

July 14th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



## PODIATRIST

July 2nd & 23rd

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



## HEARING CLINIC

July 7th

10:00 am—11:00 am



## MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
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